

The following information is brought to you by the **Tobacco-Free Collaborative** (TFC). The TFC is a local coalition of organizations and individuals with the purpose of reducing tobacco use and its harm. TFC focuses on efforts to address youth access and exposure to tobacco, public exposure to secondhand smoke, and coordination of smoking cessation services to the public.

If you would like more information about the TFC, please contact:

Tobacco-Free Collaborative  
c/o The Franklin County Board of Health  
Phone: (614)462-3160  
Email: fcbh@franklincountyohio.gov



## Train the Trainer Smoking Programs

*The following are programs which you can teach others after you have been trained with the appropriate materials.*

### American Cancer Society

#### Fresh Start

Train the trainer behavior modification cessation program encourages group interaction  
Free for worksites and community settings.  
Call (614)228-8466 for more information

### American Lung Association

N.O.T. - Not On Tobacco/youth cessation: voluntary 10-session program for teens that want to quit  
A.T.S. - Alternative to Suspension:4-session education for students about tobacco  
\$180 for adults to attend training sessions to become facilitators for both programs  
Call (614)279-1700 for more information

### Ohio Dental Association

Operation TACTIC (Teens Against Chewing Tobacco in the Community) Program appropriate for grades 3-5, 6-8 and high school. Can be implemented as a one-time program in classroom or assembly setting. The video is 13 minutes long.  
\$62 plus tax and shipping  
Call (614)486-2700 or email kellyh@oda.org for more info

## Online Quit Guides and Resources

### Smokefree Families

<http://www.smokefreefamilies.org>

### American Lung Association

<http://www.lungusa.org/>  
(click on Freedom From Smoking)

**How to quit smoking...& quit for keeps**  
(by the National Institutes of Health)  
<http://www.quit-smoking.com/clearingair.htm>

### Smokefree.gov

<http://www.smokefree.gov>

## Quit Lines

**Ohio Tobacco Quit Line**  
1-800-QUIT-NOW (1-800-7848-669)

**American Legacy Great Start Quit Line**  
1-866-66-START (1-866-667-8278)

**American Cancer Society Quit Line**  
1-800-ACS-2345 (1-800-227-2345)

**American Lung Association**  
1-800-LUNG-USA (1-800-586-4872)



c/o The Franklin County Board of Health  
280 East Broad Street • Columbus, OH 43215  
**Contact: Coordinator**  
**Phone: (614)462-3160**  
**Email: fcbh@franklincountyohio.gov**



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November 2006



# Quit Smoking Today!

**Smoking Cessation  
Services in Franklin  
County**

*Brought to you by the...*





# Franklin County Smoking Cessation Services



Agency	Program	Program Information	Cost	Contact
American Lung Association	Freedom From Smoking (online program also)	6-session behavior modification program for the workplace	\$85 per person, or workplace pays Free at <a href="http://www.lungusa.org">www.lungusa.org</a>	Barbara Johnson (614)279-1700
Central Ohio Breathing Association	Quit for Good	Individual counseling and medication therapy available. Site specific. Call for locations. Counseling for pregnant women and special populations available.	Free	Call (614)457-4570 for more info
Children's Hospital	Smoking Cessation	Program designed for parents of Children's Hospital patients and Hospital employees who want to quit smoking. Program is supervised by an adult medicine specialist with experience in smoking cessation along with a trained smoking cessation teacher. Class includes 8 sessions, and ongoing support.	Free	Community Education (614)722-4949
City of Refuge Point of Impact	Changing Environment & Attitudes for Smoking Elimination (CEASE)	Designed to serve individuals within the faith-based Franklin County African American community, who smoke, are exposed to secondhand smoke and/or are at risk for smoking behaviors, including secondhand smoke and youth education, & a countywide Sunday campaign.	Free	Victoria Wilder Crews (614)231-9216
Grant Hospital Fitness Center	Smoking Cessation	5 sessions preparing the smoker to quit. Held at Grant Health and Fitness Center. Meet monthly on Thursdays from 6:00 p.m. to 7:00 p.m. Open to patients, employees and the community.	\$50 per person	Mitzy Noisetette (614)566-8272
James Cancer Hospital – OSU	Kick-It Program	6-week behavior modification program with phone follow-up. Corporate (worksite) program available - call for more information.	\$75 per person	To register, contact the James Line at 1-800-293-5066
McConnell Heart Health Center	U Can Quit	5 weekly group sessions, 90 minutes each. Program develops an individualized plan to remain a non-smoker for life. New participants attend an individualized orientation prior to the first class.	\$60 for members/\$100 for non-members	Call (614)566-5356 for more information
Mount Carmel Health	Mount Carmel Smoke Stoppers	Eight 60-90 minute meetings over a one-month period breaking the steps to being smoke-free into three phases. Includes Smoke Stoppers Kits, follow up calls and patients are also free to return at any time with no additional costs. Open to public & can be provided at place of business.	\$125 per person including SmokeStoppers kit, three follow-up phone calls and freedom to return at no additional cost.	Ann Thorne Smoking Cessation Coordinator (614)234-QUIT (7848)
Ohio Hispanic Coalition	Quit for Good	Individual counseling and medication therapy when appropriate. Site specific. Call for locations. Counseling for pregnant women available.	Free	Judith Alizo Briceno (614)840-9934
Ohio State University College of Pharmacy Clinical Partners Program	Be “Smoke Free”! (cessation program)	One-on-one 12 week program provided by registered pharmacists. Participants will receive 3 individual counseling sessions to determine their smoking triggers, barriers to cessation, and develop strategies for a successful quit. Pharmacists also discuss different medication treatment options in collaboration with the patient & physician. Follow-up/monitoring for addt'l 3 months.	Cost: \$120 registration fee for 12 weeks OR \$60 initial visit, \$30 for each face to face follow-up counseling session	Call (614)293-5075 or go to <a href="http://www.pharmacy.ohio-state.edu/clinicalpartners">www.pharmacy.ohio-state.edu/clinicalpartners</a> for more info
Safe and Drug Free Schools Consortium	H.A.B.I.T. – Health Awareness for Being Independent of Tobacco	Educational alternative to school suspension or formal court action. A health awareness program for middle and high school students who have violated their school's tobacco use policy and/or who are interested in becoming free of the nicotine addiction; smoking or oral use of tobacco.	Free. Open to students and their parent/guardian in Franklin County.	Call for schedule and registration at (614)688-3200
Veterans Affairs	Smoking Cessation	8-week group sessions	Call for pricing	Call (614)257-5441 for more information